

Claims

- [1] A composition comprising *Notoginseng radix* extract for preventing and treating arthritis as an effective ingredient.
- [2] The composition for preventing and treating arthritis as set forth in claim 1, wherein the *Notoginseng radix* extract is extracted by water, alcohol or a mixed solvent of water and alcohol.
- [3] The composition for preventing and treating arthritis as set forth in claim 1, wherein the alcohol is ethanol.
- [4] A pharmaceutical composition for preventing and treating arthritis comprising the composition of anyone of claim 1 to claim 3.
- [5] A health food composition for preventing and treating arthritis comprising the composition of anyone of claim 1 to claim 3.